



UNDERSTANDING AUTISM PODCAST

SHOW NOTES

SEASON 1 EPISODE 9

LOW FRUSTRATION TOLERANCE



Low Frustration Tolerance
Artwork by Nicole Kubilus

["What Low Frustration Tolerance Is And Three Ways to Manage It"](#) by [Allaya Cooks-Campbell](#) ([blog](#)).

[The Highly Sensitive Person](#)
by [Dr. Elaine Aron](#)
([website and books](#)).

A common challenge that many autistic people face is tolerating unpleasant or stressful situations. In this episode, we will explore the signs and causes of low frustration tolerance and what can be done to build tolerance around frustrating situations.

Low Frustration Tolerance: Part 1

What is low frustration tolerance?	0:00-2:20
<ul style="list-style-type: none">• frustration vs low frustration• the inability to withstand obstacles and stressful situations• other symptoms in autistic people	
What causes low frustration tolerance?	2:20-4:20
<ul style="list-style-type: none">• general causes• low frustration as it relates to autism	
Positives and negatives of low frustration tolerance	4:25-6:10
Nicole and Bret share their personal experiences	6:10-21:29
Does technology and social media compound low frustration tolerance?	21:31-29:53
Parenting challenges with an autistic child that has low frustration tolerance	29:55-57:51

Low Frustration Tolerance: Part 2

Strategies for addressing low frustration tolerance	0:00-3:38
Nicole's experience as an art teacher and helping students with low frustration tolerance	3:40-14:56
Bret's experience as a social studies teacher and helping students with low frustration tolerance	15:00-17:02



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UnderstandingAutism.info

*Failing Forward: Turning
Mistakes Into Stepping
Stones For Success* by
John Maxwell (book)

The 360 Degree Leader by
John Maxwell (book)

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Low Frustration Tolerance: Part 2 cont.

- General tips for teachers in helping neurodiverse students with low frustration tolerance while not becoming frustrated themselves 17:02-31:37
- Advice for employers and coworkers of neurodiverse adults and advice for teachers in working with neurodiverse coworkers 31:41-42:14